

KINDRED SPIRITS SOCIAL CLUB



November, 2015

Happy Thanksgiving to our Kindred Spirits family. We hope you have a wonderfully delicious holiday. Join us for the Office on Aging Thanksgiving Celebration, details below. It is sure to be a frolicking good time.

Judy, Andrea & Bridget

News & Notes:

HOURS 9 AM - 1 PM

**Monday, Wednesday,
and Friday**

IMPORTANT NUMBERS

Judy Miller

(410) 313-5441

Chris at Front Desk

(410) 313-5440

Regional Transit Agency

1-800-270-9553

Maryland Access Point

(410) 313-5980

Alzheimer's Association

(410) 561-9099

Kindred Spirits is closed on Monday, November 2, for a staff meeting, Wednesday, November 11, in observance of Veterans Day, and Friday, November 27, for the Thanksgiving Holiday.

It is often cool in our rooms, so please dress appropriately and bring or wear a lightweight jacket or sweater.

If you can't attend for any reason, please leave a message at 410-313-5441 or email jumiller@howardcountymd.gov, abryant@howardcountymd.gov or bmcandrew@howardcountymd.gov

Resource Information

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-5980 for more information.

Caregiver Corner

The Howard County Office on Aging Thanksgiving Celebration

Date: Wednesday, November 18, 2015


Time: Participants arrive at 9am; Lunch at 12pm

Place: Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville, MD 21029

Join us for a fun-filled morning of singing and dancing with the Retro Rockets and Love Story Duo and a delectable turkey lunch with all the trimmings. Contact Judy for ticket information at 410-313-5441 or jumiller@howardcountymd.gov.



November, 2015

Monday	Wednesday	Friday
2 Center Closed Staff Meeting	4 Coffee & Conversation Qi Gong Fused Glass w/Cathy Lunch	6 Waffle Bar Coffee & Conversation Gentle Yoga Jeopardy Lunch
9 Coffee & Conversation Exercise w/Sara Music w/Tom Lunch	11 Center Closed Veterans Day	13 Coffee & Conversation Exercise Debbie Sings Spaghetti Luncheon
16 Coffee & Conversation Exercise w/Sara History of Broadway Lunch	18 Thanksgiving Celebration Ten Oaks Ballroom 5000 Signal Bell Lane Clarksville, MD 21029	20 Coffee & Conversation Gentle Yoga Art Therapy Lunch
23 Coffee & Conversation Exercise w/Sara Garden Club Lunch	25 Coffee & Conversation Qi Gong Support Group Lunch	27 Center Closed Thanksgiving Holiday
30 Coffee & Conversation Exercise w/Sara Music w/Peter Lunch		

If you need this publication in an alternate format, call (410) 313-5442 or (410) 313-5441. To request a sign language interpreter or other accommodations to attend an event, please call one week in advance.